

## Inside



■ Movies this week: 'The House Bunny' (above), 'College' and 'Babylon AD'

B4

## Education

**Officer Training School (OTS) applicants** — Individuals applying for the February '09 non-rated board need to contact Ali Scanlon with the Force Development Flight at 449-6363, ext. 228, or via e-mail to [alisha.scanlon@hickam.af.mil](mailto:alisha.scanlon@hickam.af.mil) by COB today to set up an appointment for your initial package review. OTS details can be found at <http://afrecruiting.com/RSOC/>.

**Free test-prep seminar** — Kaplan Test Prep & Admissions will hold a free GMAT, GRE, LSAT, MCAT, DAT, OAT, PCAT and TOEFL practice-test event for prospective graduate school applicants. The event is aimed at gauging students' test-taking strengths and weaknesses — in a simulated testing environment — before they endure the real experience. The event will be tomorrow from 8 a.m. to 1 p.m. the University of Hawai'i-Manoa's Richardson School of Law. For more information, contact the Force Development Flight at [15mss.dpe@hickam.af.mil](mailto:15mss.dpe@hickam.af.mil).

**AFCT rule change** — Per AFI 36-2506 dated Sept. 24, 2008, in regard to the Air Force Classification Test (AFCT) scoring: "Only the most recent scores count as the official scores of record regardless of the outcome when compared to earlier test attempts." Members no longer have the option of choosing to keep previous/old scores. Effective immediately, TCOs/TEs must update the most current AFCT scores regardless of the exam results. For more information, call David Myers at 449-6363, ext. 252.

**PME testing** — Individuals enrolled in voluntary Professional Military Education Course 12 or 14, SOS, ACSC, or AWC can contact the Force Development Flight at [15mss.dpe@hickam.af.mil](mailto:15mss.dpe@hickam.af.mil) to schedule exams. Testing is available on Tuesdays and Wednesdays by appointment only. Provide name, SSN, PME type and requested test date in the e-mail.

**AWC enrollees** — The Force Development Flight offers a special test session by appointment only on Thursday afternoons at 1 p.m. for the Air War College short answer examination. Space is limited. To schedule a test appointment, send an e-mail to [15mss.dpe@hickam.af.mil](mailto:15mss.dpe@hickam.af.mil). Provide name, SSN and requested test date in the e-mail. All other AWC exams can be scheduled during regular test sessions held on Tuesdays or Wednesdays.



Photo illustration by Sheri Takara

(From left) Hawaii ukulele virtuoso Jake Shimabukuro, Country-Western star Clint Black, two-time Grammy winner Patti LaBelle and Academy award-winning actor Cliff Robertson will join members of the Air Force Band in a Veterans Day concert set for Nov. 10 on public television.

## Air Force Band, Hawaii musician to team with music legends for TV special

BOLLING AIR FORCE BASE, D.C. (AFNS) — Air Force Band members from here will be in the national spotlight in a Veterans Day extravaganza when the symphony orchestra and Singing Sergeants join celebrities and recording artists Nov. 10 on public television.

Band members collaborate with two-time Grammy winner Patti LaBelle, country western singer Clint Black, Academy Award-winning actor Cliff Robertson and ukulele virtuoso Jake Shimabukuro.

The program, titled "America's Veterans: A Musical Tribute," will be broadcast on American Forces Network Prime Nov.

11 at 7 p.m. viewer time overseas for servicemembers and their families stationed overseas.

The Veterans Day special was recorded in high definition at the Music Center at Strathmore in Bethesda, Md., and is dedicated to our military heroes from operations spanning five wars and all branches of the armed forces.

"It's so nice to be here singing for the veterans, singing for our Soldiers who are fighting — the young men and women who are trying to keep it real wherever they are," said rhythm and blues legend Ms. LaBelle, who sang "I'll Stand By You" during the

performance.

Mr. Black, a singer-songwriter, joined Ms. LaBelle in expressing his deep gratitude for the selfless sacrifices military men and women offer daily in defense of liberty.

"We owe so much thanks to so many of you in uniform and those veterans who have given us so much freedom to enjoy," said Mr. Black, who sang "The Shoes You're Wearing" for the broadcast.

Mr. Shimabukuro — who some pundits say is to the ukulele what Jimi Hendrix was to the guitar — played classical to rock compositions with his ukulele for the show,

including Beatle George Harrison's "While My Guitar Gently Weeps."

Air Force Band Airmen set the tone for the evening's patriotic celebration with several inspirational numbers including "Summon the Heroes" and "Who Are The Brave?"

Mr. Robertson will honor five American heroes in the Strathmore audience — one from each branch of the U.S. military — with short, poignant vignettes that capture the essence of their actions in operations spanning five wars.

Senior Airman Scott Palomino, an Air Force aerial surveillance technician in Iraq who suffered severe

injuries when a mortar round landed in his tent, is honored during the show. He is now a disabled combat veteran and amputee.

"What a great opportunity this is to remember the sacrifices our veterans have made to ensure America's freedom," said Col. Dennis Layendecker, the Air Force Band commander. "We're equally proud to honor our joint armed forces team members serving around the world today; they are our veterans of tomorrow."

For more information about the show, including local broadcast times, please see The Air Force Band Web site at [www.usafband.af.mil/AmericanVetsTribute](http://www.usafband.af.mil/AmericanVetsTribute).

## WARRIOR of the week

By Dr. Philip Breeze  
15th Airlift Wing  
Public Affairs chief

When the Roman poet Juvenal posed the question, "Quis custodiet ipsos custodias," he may have had our Warrior of the Week in mind.

Who will protect the protectors themselves? The answer for Team Hickam defenders is Fire Protection Journeyman, Senior Airman Curtis Billig and his fellow 15AW firefighters.

The son of an Air Force firefighter, and the grandson and great-grandson of a Sailor and a Soldier, young Curtis Billig always knew he wanted to be a military firefighter.

"I joined the Air Force because I wanted to get the best training available to be a fire fighter, and I knew the Air Force was the place to get it."

Training is one thing. Dedication is another. If the 2006 Delone Catholic High School graduate isn't practicing his profession, he's learning more about it.

"Curtis Billig is a supervisors dream. He completed



Photo by Dr. Philip Breeze

The son of an Air Force firefighter, and the grandson and great-grandson of a Sailor and a Soldier, Curtis Billig always knew he wanted to be a military firefighter.

his CDCs in record time with above a 90-percent average. He then deployed to Iraq for four months ... then came back and with less than a week of rest, went through a two-week, physically demanding Rescue Technician I certification course," said Master Sgt. Stephen Fredette,

Hickam's Assistant Chief of Safety, Health and Hazmat. "He then got certified and was asked to become a dispatcher for six months. After his second month dispatching, he went to Goodfellow AFB to obtain his Rescue Technician II certification as an AIC — unheard of."

In his spare time, Airman Billig is working on a bachelor's degree in Emergency/Disaster Management.

"I like the people in my profession, especially at the fire house — there's a family atmosphere," he said. "I know that anytime I need anything there are at least 10

people I can call."

Thus far in his 26-month Air Force career, however, most of the calls have been going the other way.

"I've sponsored three new arrivals and I am the ranking enlisted in the dorms, so I have to inspect their rooms," he said.

Having spent last Christmas in Iraq, Airman Billig says the only thing he'd change about Hickam Air Force Base is to add a little snow.

"I do miss the seasons, but I do enjoy the beach and the year-round hiking weather and the rainbows," he said.

In the years to come, following his planned June 12, 2010, wedding to fiancée Katie Dugan, Billig hopes to see himself as a crew chief, possibly stationed in Germany or Italy — at one of the bases his father's career took him to as a child.

"With all this going for him, no wonder he was chosen at the Mission Support Group level to be promoted to Senior Airman below the zone," said Asst. Chief Fredette. "These accomplishments are only the tip of the iceberg for this young Airman, for he does so much more."

# Inside SERVICES

## Time is almost up for you to sign up for Sports Day

Today is the deadline to sign up your squadron's Sports Day teams to compete in the bed race, horseshoes, volleyball, kayak race, Fitness Challenge and more. This will be a day when more than 500 athletes battle for the coveted Commander's Cup. Help your squadron win the prize and enjoy a fun day of competition, camaraderie and earn some bragging rights. Register today with your Unit Fitness & Sports Advisory Committee Rep.

## Orange & Black tumbling clinic set for Oct. 29

Join the Hickam Youth Sports & Fitness Center for an Orange & Black tumbling clinic on Wednesday, Oct. 29. Entry fee is \$10 for children ages 2-4 (2 year olds must have parent participation) from 9 to 10:30 a.m. and \$20 for children ages 5-17 from 3:30 to 6:30 p.m. Tumblers should wear something orange and black for a special treat! For more information or to sign up, call 448-2287.

## Hawaii Superferry salutes the military

Hawaii's military members can Buy One, Get One FREE — \$39 one-way fares to Maui for those with valid military ID cards (Sorry, DoD civilians are not eligible). Offer is good with round-trip purchase and passengers must travel at the same

time. Free fare does not include taxes and fees, and some restrictions apply. Special offer valid for travel booked and traveled by Dec. 15. Rates subject to change, offer only available from the Hickam ITT Office. For details, call 448-2295.

## Register now for Hickam Youth Basketball

Hickam Youth sports Basketball registration will be held at the Youth Sports & Fitness Center (Bldg. 1399) beginning Monday and running through Nov. 14. Youth born between 1994 and 2004 are eligible to register. Cost is \$65 for Youth Programs members and \$70 for non-members. A current physical and a copy of their birth certificate must be turned in at the time of registration. For more information, call 448-4492.

## Mini Marathon Games Night set for Sunday

A special Mini Marathon Games Night will be held this Sunday at the Hickam Enlisted Club. The Mini Marathon Buffet starts at 3:30 p.m. with early bird games starting at 5 p.m. and the marathon beginning at 6 p.m. Prizes range from \$500 to \$5,000, so come out and play! A special buffet dinner with a 6-On Package will be available, along with added packages with the purchase of a Snack Pack. Machines are available on a first come, first served basis. For more information, call the E' Club at 448-2271, ext. 223.

## Hip Hop Halloween Madness in two weeks

Join the ghostly fun at the Hickam Enlisted Club on Halloween Night, Friday, Oct. 31, at Hip Hop Halloween Madness. Dress in your scariest costume and compete in the contest. Categories are 'Scariest', 'Funniest' and 'Most Original'. There will also be a Hip Hop Battle on the microphone with a cash prize to the winner. Doc Jay will be spinning the ghoulish music from 10 p.m. to 2 a.m. For more information, call the E' Club at 448-2271.

## Learn to spearfish next weekend with Outdoor Rec

Hickam Outdoor Recreation presents its popular Spearfishing 101 class next Saturday at Pool #2. Instructor Teddy Fabella will teach the basics of learning to spearfish, including proper weight belt, equipment, breathing and taking the shot. Don't miss this fun and informative class, which is followed on Sunday, Oct. 26, with Spearfishing 102. This follow-up class includes a ride out to the fishing grounds where you will get your chance to practice what you learned in Spearfishing 101 and possibly put a delicious fish dinner on the plate later that evening. Book either class today by calling 449-5215.

## Free Golf Clinic tees off next Friday

Mamala Bay Golf Course invites junior golfers to attend a free clinic next Friday. Staff will help the younger golfers and would-be golfers with the basics of the golf swing and other important golf practices starting at approximately 4:45 p.m. The

class is limited so sign up early. For details, call 449-2300.

## Don't miss out — buy Hickam Carnival scrip today

Scrip will again be used for purchases at the upcoming Hickam Carnival, the 50th anniversary edition, to be held Friday, Oct. 31 (Halloween night), Saturday, Nov. 1 and Sunday, Nov. 2. Scrip is used just like cash to buy food, rides, games and even a tall cold one from the beer garden! So when you see the various organizations around base selling the scrip, do your part to help make this very special carnival the best ever! Even if you can't attend or don't have children to enjoy the fun, games and rides, you can still buy scrip and donate it back to 15th Services, which will then invite children from Shriners Hospital and the Fisher House to participate. So don't wait — buy scrip today.

## FCC Public Release

Hickam Family Child Care announces the sponsorship of the U.S. Department of Agriculture-funded Child and Adult Care Food Program. The same meals will be available at no charge to enrolled children in each of the sponsored day-care homes, and will be provided without regard to race, color, national origin, age, sex or disability. Any person who believes that he or she has been discriminated against should write immediately to: USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

50TH ANNIVERSARY  
HICKAM  
CARNIVAL



COMING  
Oct. 31  
Nov. 1  
Nov. 2

Burger King  
Parking Lot

Free Admission! Prize Drawings

Featuring: Live entertainment, Trapeze Act,  
Kiddieland, AF Band of the Pacific,  
E.K. Fernandez Midway Rides,  
food booths and beer garden.

Free shuttle bus available from  
Memorial Theater and Library parking lots.  
Fri. - 5-11 p.m. - Sat. 11 a.m.-11 p.m. - Sun. 2-9 p.m.

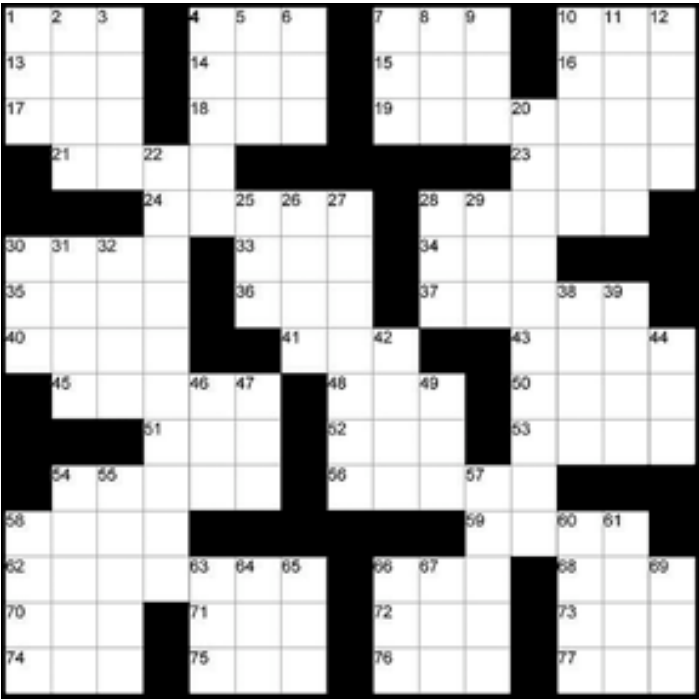
Purchase Pre-Carnival Scrip at 15th Services  
facilities as well as at the BX and Commissary.

HICKAM AFB  
SERVICES

Combat Support & Community Services



# Crossword Puzzle: The Cornhusker State Base



By Capt. Tony Wickman  
71st Flying Training Wing

ACROSS

- 1. \_\_\_ Vegas
- 4. \_\_\_ alai
- 7. Donkey
- 10. USAF E-4
- 13. Bullring cheer
- 14. Engine need
- 15. Also
- 16. Aglow
- 17. Former HQs at the Cornhusker State base
- 18. Bother
- 19. Disenfranchise
- 21. Daze
- 23. \_ \_\_\_, said the blind man ...
- 24. Gird
- 28. Should
- 30. Questions
- 33. Bother
- 34. Burn residue

- 35. Small opening
- 36. \_\_\_ Grande
- 37. Bring in
- 40. Destitute
- 41. Boxing outcome
- 43. Dash; impetuous ardor
- 45. Open space in a forest
- 48. \_\_\_ Got a Secret
- 50. First capital of Japan
- 51. Bath place
- 52. Homer’s neighbor
- 53. Black
- 54. Second son of Isaac
- 56. Adult
- 58. B-18
- 59. Shrek was one
- 62. Beasts
- 66. On the \_\_\_; running from the law
- 68. Mining goal
- 70. Formerly
- 71. Feline
- 72. Mock

- 73. See 32 DOWN
  - 74. Mil. phone system
  - 75. Flirtatious
  - 76. Victory
  - 77. \_\_\_ Moines
- DOWN
- 1. \_\_\_ Alamos
  - 2. Sigh
  - 3. Cult
  - 4. See 11 DOWN
  - 5. Part of USAF
  - 6. Type
  - 7. Dined
  - 8. Male offspring
  - 9. USAF PME for O-3s
  - 10. Cut vertically
  - 11. EC-135; plane assigned at the Cornhusker State base
  - 12. Fit to \_ \_\_\_
  - 20. P-38; one time aircraft at the Cornhusker State base
  - 22. Combat Command current-ly at the Cornhusker State base
  - 25. Hearing tool
  - 26. Erase
  - 27. EC-135 \_\_\_ Glass; one time mission at the Cornhusker State base
  - 28. Galoot
  - 29. Deploy
  - 30. Viper
  - 31. Clump about
  - 32. Drink invented in the Cornhusker State
  - 38. Tribe
  - 39. Listen
  - 42. Above
  - 44. Negative reply
  - 46. Couple
  - 47. Wane
  - 49. Tokyo, formerly

- 54. Brig. Gen. James \_\_\_; cur-rent 55 WG/CC at Cornhusker State base
- 55. Foreigner
- 57. Little \_\_\_
- 58. Heartland of America \_\_\_; Cornhusker State base ten-ant unit
- 60. Highway
- 61. Great Lake
- 63. MAJCOM the Cornhusker State base is assigned
- 64. Mekong Delta denizen
- 65. Pig’s pen
- 66. Canon
- 67. Overseas mil. Address starter
- 69. O’Neill and Harris

See SOLUTIONS, B4

# SUDOKU

For solution, see SUDOKU, B4

	3				9			
		1	8					6
7		8		5				1
	2				6		5	
6				7				2
	1		4				9	
9				2		5		3
3					5	1		
			3				6	

## Team Hickam History

The Air Force’s most historic airfield

**October 20, 1949** — The 22d Air Transport Squadron and 1268th Air Transport Squadron are assigned to the 1500th Air Base Group, Hickam AFB.

**October 21, 1942** — Lt. Anne G. Fox, Head Nurse at Hickam Station Hospital, becomes the first woman in the United States to be awarded a Purple Heart for “outstanding per-formance of duty and meritorious acts of extraordinary fidelity and essential service” during the December 7th attack. After the War Dept. later changed the rules gov-erning the awarding of the Purple Heart (to require wounding in action), Lt. Fox’s Purple Heart was rescinded and replaced with a Silver Star.

**October 20, 1971** — The 15th Tactical Fighter Wing is redesignated the 15th Air Base Wing.

**October 1, 1976** — Responsibility for com-

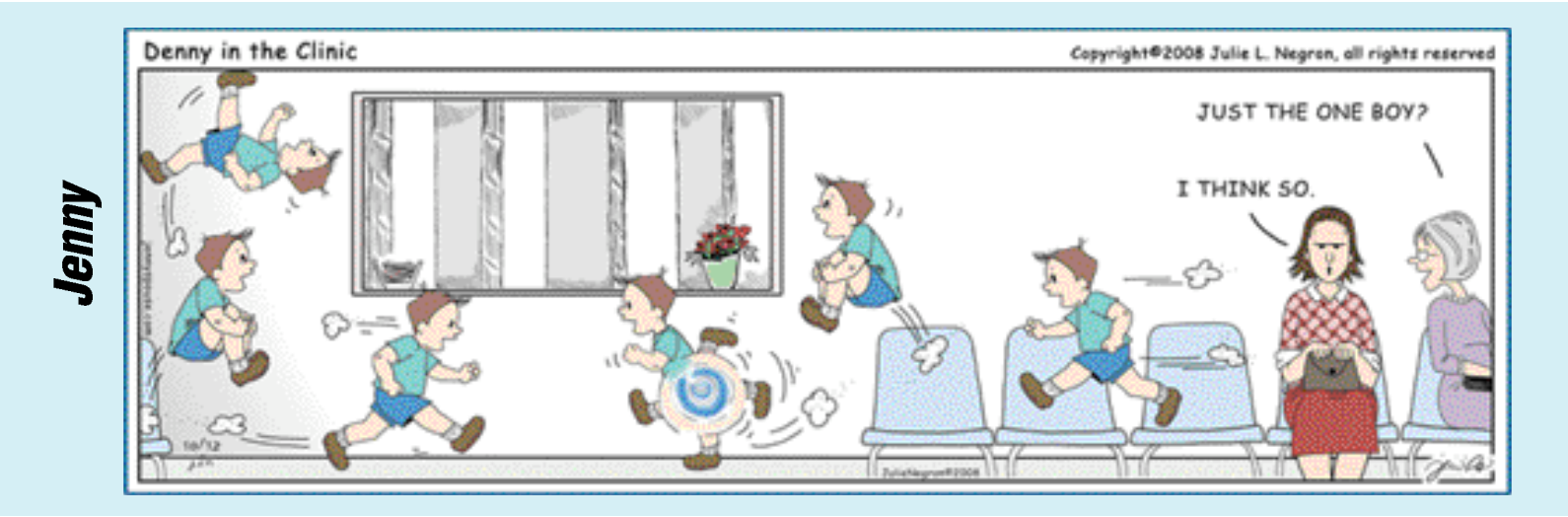
missary service is transferred from Hickam AFB to the new Centralized Commissary System.



**October 23, 1986** — The 15th Air Base Wing receives an Air Force Outstanding Unit award for excep-tionally meritorious service from Feb. 25, 1986, to March 25, 1986. This was the Wing’s fourth AFOUA.

**October 19, 1995** — The 15th Air Base Wing receives an Air Force Outstanding Unit Award for exceptionally meritorious service from Oct. 1, 199,3 to Sept. 30, 1995. This was the Wing’s seventh AFOUA.

**October 23, 2003** — President George W. Bush lands at Hickam, his first visit to the base as commander in chief. General Begert and Col. Raymond Torres greeted the president and First Lady Laura Bush.



RELIGIOUS OPPORTUNITIES

For more information on Base Chapel services , call the Chapel Center at 449-1754.

<b>CATHOLIC</b> Nelles Chapel Weekday Mass Mon.-Thu., 11:30 a.m. Saturday Confessions 4:15 p.m. Saturday Vigil Mass 5 p.m. Chapel Center Sunday Mass 10:30 a.m.	<b>PROTESTANT</b> Chapel Center Sunday Contemporary Service 8:30 a.m. Nelles Chapel Traditional/Liturgical Service 8:30 a.m. Gospel Service 10:30 a.m.	<b>RELIGIOUS EDUCATION</b> (Catholic) Chapel Center Sunday (Sep-May) 9:00 a.m. (Protestant) Chapel Center Sunday (Sep-May) AWANA 3:00 p.m. Wednesday Sunday School Dinner 4:45 p.m. Wednesday Sunday School Classes 6:00 p.m	<b>THE GATHERING PLACE</b> Airmen’s Dorm Coffeehouse King Hall First Floor Dayroom – Bldg. 1856 - All Airmen welcome! Mon.-Thu. 6-10 p.m. Fri.-Sat. 6-11 p.m. Free gourmet espresso, cap- puccinos, Italian sodas Video games, internet, movies and more To Volunteer, call the Hickam Chapel Center at 449-1754	<b>OTHER RELIGIOUS OPPORTUNITIES</b> Jewish Buddhist Orthodox Islamic
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SOLUTIONS, From B3

L	A	S	J	A	I	A	S	S	R	A
O	L	E	O	I	L	T	O	O	L	I
S	A	C	I	R	K	E	N	S	L	A
S	T	U	N	S	T	E	E	L	O	U
A	S	K	S	A	D	O	A	S	H	
S	L	O	T	R	I	O	F	E	T	C
P	O	O	R	T	K	O	E	L	A	N
G	L	A	D	E	I	V	E	N	A	R
J	A	C	O	B	G	R	O	W	N	
B	O	L	O				O	G	R	E
A	N	I	M	A	L	S	L	A	M	O
N	E	E	C	A	T	A	P	E	A	I
D	S	N	C	O	Y	W	O	N	D	E

SUDOKU, From B3

4	3	6	2	1	9	8	7	5
2	5	1	8	4	7	9	3	6
7	9	8	6	5	3	4	2	1
8	2	3	1	9	6	7	5	4
6	4	9	5	7	8	3	1	2
5	1	7	4	3	2	6	9	8
9	6	4	7	2	1	5	8	3
3	8	2	9	6	5	1	4	7
1	7	5	3	8	4	2	6	9

AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday

Friday, 6 p.m.; Saturday and Wednesday, 7 p.m.

‘The House Bunny’ — Shelley Darlington has lived at the Playboy mansion for the last nine years. She is Hef’s favorite and acts like a den mother to the other girls. On her birthday, however, she is unceremoniously evicted from Hef’s pad for being ‘too old.’ Homeless and bereft of essential skills, Shelley wanders around L.A. until she finds a new job — as the housemother at the most unpopular sorority on campus. Starring Anna Faris and Emma Stone.

Rated PG-13 for sex-related humor, nudity and strong language. Length: 92 min.



Friday, 8:30 p.m.

‘College’ — Three high school friends visit a local college campus as prospective freshmen anticipating the best weekend of their lives. Once there, the rowdiest fraternity on campus decides to recruit the boys as “pledges,” subjecting to the endless humiliations in return for granting them access to the no-holds-barred college party scene. In the midst of this, the boys manage to meet sorority girls who mistake them for freshmen — at which point the fun really begins. Starring Andrew Caldwell and Camille Mana.

Rated R for sexual content, nudity, language and drug/alcohol abuse. Length: 94 min.



Sunday, 4 p.m.; Thursday, 7 p.m.

‘Babylon AD’ — A mercenary charged with delivering a young woman from Russia to Canada learns that she has been manipulated by a synthetic virus and what lies inside her could doom the human race. Starring Vin Diesel and Vincent Cassel.

Rated PG-13 for intense violence and action, language and sexuality. Length: 99 min.





# Give your body what it's thirsting for

**By Airman 1st Class Katrina Plank**  
Hickam Sports & Fitness Center  
asst. fitness coordinator

Water consumption is so important and is even more so for those who exercise regularly. It is the largest component of your body. Dehydration can decrease performance and cause constant fatigue. It can also lead to serious consequences, such as: muscle cramping, heat exhaustion, and heat stroke.

The ACSM (American College of Sports Medicine) recommends: drinking approximately 500ml (17 oz.) of fluid about two hours before exercise to promote adequate hydration and allow time for excretion of excess ingested

water; drinking enough water to replace water lost through sweating during exercise; and drinking sports drinks with proper amounts of carbohydrates and electrolytes when engaging in events that last longer than one hour.

Also try weighing yourself before and after you exercise. For every pound of weight lost, drink two cups of fluid. AFAA (Aerobics and Fitness Association of America) recommends drinking 1-2 cups of water 5-15 minutes before your workout and a minimum of three ounces every 20 minutes of exercise.

During hot and humid conditions and prolonged and/or intense exercise drink up to 8-10 ounces every 20 minutes.



Courtesy photo

**Dehydration can decrease performance and cause constant fatigue, so work plenty of fluid into your workout.**

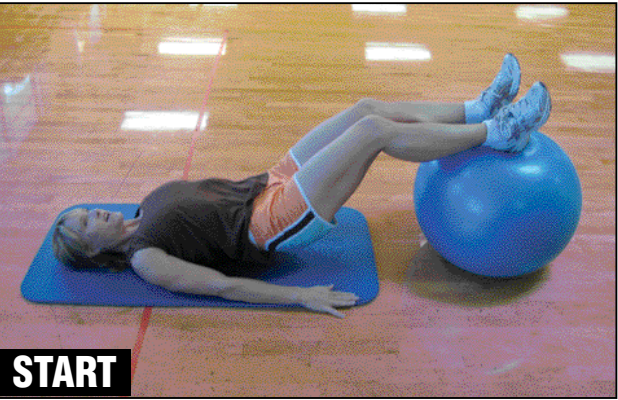
An illustration of a gladiator in a red tunic and yellow helmet, running over a newspaper filled with classified advertisements. The text on the newspaper includes "To place a classified or display ad in the Hickam Kukini call 521-9111".

To place a classified or display ad in the Hickam Kukini call

**521-9111**



**Exercise: Hamstring curls**  
**Muscle group: Hamstrings (back of the leg)**

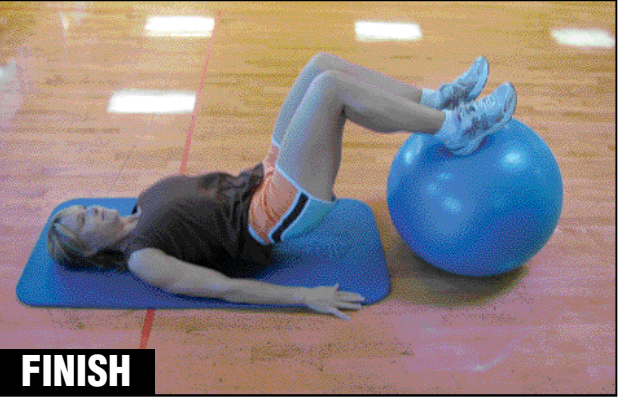


**Begin by placing the heels on the center of the ball. Keep both legs straight and knees partially flexed.**

**Place hands on the floor and maintain neutral alignment of the spine.**

**Slowly flex the hamstrings and pull the ball toward the buttocks while forming a 90-degree bent on the knees.**

**Pause for two counts, then return to starting position. Repeat 10 to 12 times for each set.**



Model: Lana Torell, certified massage therapist  
Photos and instructions by Benny Miguel, Hickam Fitness Center fitness director